

# CELEBRITY ESCAPE

## Ronan on the road

After years in hotel rooms and airports, Irish singer Ronan Keating is now on a mission to see as many places as possible with his new Australian wife



**HE** may be Irish born and bred, but after spending more than five years as a regular on our shores, Ronan Keating has gained honorary Aussie status. During five seasons he mentored music hopefuls as one of *The X Factor* judges – a position in which he steered both Samantha Jade and Reece Mastin to victory. But long before the hit reality TV series, Ronan had already achieved global superstardom. Catapulted to fame as the teenage lead singer of '90s boy band Boyzone – a group that became one of the most successful acts of the decade – Keating went on to sell more than 20 million records as a solo artist. Since leaving Australia this year, Keating has made his West End stage debut and married his Aussie TV producer fiancée, Storm Uechtritz. Fresh from his honeymoon, the 38-year-old performer wrapped his annual Cancer Council Australia's fundraising event, the Emeralds & Ivy Ball, last month and is poised to release his 10th solo album early next year.

**When I travel for work**  
It's all about getting rest as, when I get to wherever I'm going, I need to hit the ground running. Also, I need to get my head in the game. When you're doing a lot of promo, live performances and TV interviews, you need to prepare, focus

and get into the right headspace. This is in contrast to holiday mode, when I'm chilled and laid-back, as everyone is.

**When I travel for pleasure**

I usually dress down – as casual and comfortable as possible. Usually a tracksuit. One of the main differences when I travel for pleasure is that I'll get to the airport and go to the lounge with plenty of time to spare, whereas when I travel for work, I get to the airport with the most minimum amount of time before the flight as possible. I like to chill out and not rush if I'm going overseas for a holiday.

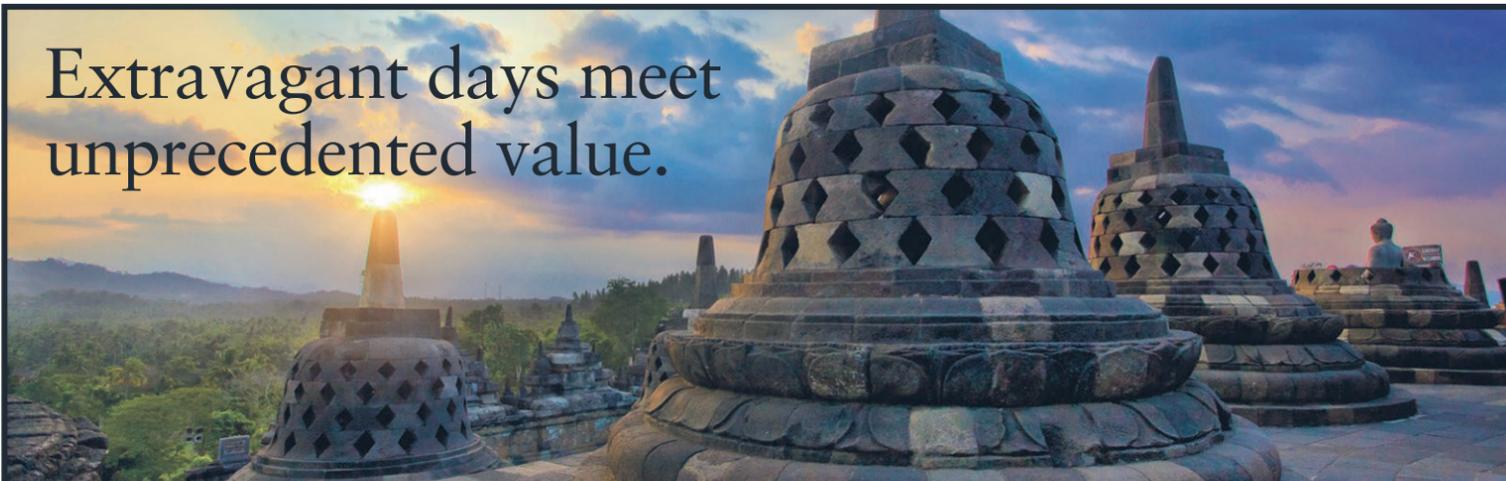
**My travel inspiration comes from**

My wife Storm and I have a travel bucket list, which we're slowly working our way through. For example, on our recent honeymoon we ticked off a few places, including a safari in South Africa and a trip to the Maldives and the Seychelles. Next up is Cuba and the Antarctic. When I'm travelling for work, I'll try to tick things off that are nearby. I've always wanted to see the Northern Lights and later this year I have a show in Oslo, so we're going to jump on a plane afterwards.

**Where I go to unwind**

Home. After all the travelling, it's nice to get back to London, where we've got the kids and our little puppy. Unwinding is

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being in my own bed, cooking at home and not living out of a suitcase.

**Where I go to play**

New York, Paris, Sydney. Those are the cities I'll hit when I want to have a good time. London is another great town for partying, but - like I said earlier - when I'm there, it's all about chilling out.

**Most memorable meal while travelling**

A wagyu steak in Sydney - the beef in this country is incredible. I arrived here yesterday and the first thing I thought about was getting a good wagyu steak. I love it. Likewise, in Sydney there's amazing sushi too. You can't find a better city for food.

**The one thing that's always in my carry-on**

Watches. I've been collecting them since I was very young, so I always have a few with me. Also, my iPhone charger as the battery never lasts long and, last, a toothbrush.

**How I get through a long-haul flight**

I love to watch movies - and I love to eat. During the flight over here, my wife did about five hours work on her laptop, whereas I alternated between playing computer games and watching back-to-back movies.

**You need to hit the streets, try the food and really see the place**

**ALL SMILES:** Ronan Keating (far left) is trying to see more of the many cities and places he visits for work.

**How I deal with jet lag**

I try and get an hour's snooze or go for a run when I get in. Doing something fitness-wise is great for combating jet lag, whether it's a run, a walk or a gym session. Plus drinking lots of water and trying to adjust to the local time zone as quickly as possible.

**The holiday souvenir I always buy**

We're trying to buy things that are local to the places we visit. When we were in South Africa recently we bought a cast iron cheetah, which was beautiful and we also recently picked up some vintage glass bottles while we were in Paris.

**My travel philosophy**

See the city and experience the culture. You need to hit the streets, try the food and really see the place. I've been travelling for 20 years and in all honesty, I haven't seen half of the cities I've been to. I arrive, have to work and then have to leave. Now I'm making a point of breaking that pattern. There's nothing worse than seeing the airport and a hotel room and then leaving a place - I did it for years, so I know.

For more information or to donate to Cancer Council Australia's Emeralds & Ivy Ball, see [emeraldsandivy.com.au](http://emeraldsandivy.com.au)

**Ronan's Instagram Travelogue**



Honeymoon beach jumps - having the time of our lives.



Travelling in style. From London Fashion Week to the rugby in Cardiff.



Manila bound on a recent tour with my Boyzone bandmates.



A picnic in the park on a scorching summer's day in London.

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